

Roasted Garlic and Fava Bean Paté

Ingredients:

- 1 16-ounce can fava beans
- 1 medium tomato, diced
- 2 - 3 cloves roasted garlic
- 1/4 cup onion, diced
- 1 tablespoon fresh parsley, chopped
- salt and pepper to taste



Directions:

Press fava beans through a strainer to remove outer skins. Place in food processor and add tomato, roasted garlic, onion, and parsley. Purée ingredients. Add salt and pepper to taste. Serve with warm, crusty bread.

Serves 8

Nutrition information per serving:

Calories: 62

Protein: 3.3 g

Carbohydrate: 11.6 g

Fat: 0.3 g (5% of calories from fat)

Cholesterol: 0 mg

Sodium: 127 mg

http://www.chooseveg.com/display_recipe.asp?recipe=201